

Yogurt Pops

Makes: 4 servings

Ingredients

3/4 carton yogurt, fat-free, flavored or plain (8 ounce)

3/4 cup fruit juice

Directions

1. Put the yogurt and juice in a bowl.
2. Stir together well.
3. Pour the mix into paper cups.
4. Stick a popsicle stick in the center of the mix in the cup.
5. Place the yogurt pops in the freezer until they turn solid.

Notes

Here are some good flavor mixes for yogurt pops:

- Lemon yogurt with orange juice
- Vanilla yogurt with raspberry juice

You can buy popsicle sticks in a crafts store, or in the crafts department of a discount store.



Source: Pennsylvania Nutrition Education Program, Pennsylvania

Nutrition Information

Nutrients	Amount
Calories	49
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	36 mg
Total Carbohydrate	9 g
Dietary Fiber	0 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 IU
Calcium	97 mg
Iron	0 mg
Potassium	200 mg

N/A - data is not available

MyPlate Food Groups

	Fruits	1/4 cup
	Dairy	1/4 cup